EXERCISE/FITNESS

STAY AT HOME CHALLENGE

New Mexico Senior Olympics, Inc.

You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the LIABILITY WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card. Consult a physician before starting any physical fitness exercise.

EXERCISE/FITNESS Monthly Challenge Instructions

* Four month challenge: August - November 2020  * Months 2, 3 and 4 will add additional exercises as a Challenge, check our website!  * Track your time in hours and minutes and post on website  * In Comments Section, you can record which exercises you were able to complete.

1. SINGLE LEG STAND - 10 seconds x 4 reps. 3 times per week each month

   Improve your balance: Stand next to a chair or table, raise one leg off the floor and bend knee 90 degrees. Don’t look at your feet, look straight ahead. Hold for 10 seconds then switch legs. Do this 4 times on each leg. Challenge is to increase 5 seconds each month.

2. STRAIGHT LINE HEEL2TOE - 10 steps x 4 reps. 3 times per week each month

   Find or make a straight line on the floor. Step on the line with one foot in front of the other, continue to step placing one foot in front of other foot, touching heel to toe. Do this for 10 steps and challenge yourself to add 5 steps each month. Remember to breathe!

3. FAST WALK MARCH - 10 steps x 4 reps. March 10 seconds 3 times per week each month

   Standing flat footed, walk at a fast pace for 10 seconds bringing knee up above the hip. Challenge - 3rd month, get knee to touch chest. 4th month, add 5 steps to each rep.

4. SKIP MARCH - 10 steps x 4 reps, 3 times per week each month

   Start slow and steady. On ball of foot, skip with knee as high as you can for 10 steps. Challenge - get knees past your hips in the 2nd month. By the 3rd and 4th month, add 5 steps each rep each month.

5. RUSSIAN TWISTS - 10 reps, 3 times per week each month

   Sit on grass, mat, or chair. Lift both feet at least 1 foot from ground and bend knees at 90 degree angle. Hold and twist abs or upper body left to right to work the core. Challenge - add 10 reps each month

HOW to Get Started and report RESULTS

❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
❖ Participate and log your scores or times for one full month
❖ Each month submit challenge results virtually via our website at www.nmseniorolympics.org
❖ OR submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
❖ Results must include name, sport, gender, age, county, month, times and/or scores
   *Results are public and will be posted on our website
❖ All challenges are based on the honor system
❖ Check NMSO website monthly for results and Gift Card Winner Announcement
❖ Repeat the following month

Remember - warm up, have fun, be safe, stay hydrated, wear sunscreen and proper attire!